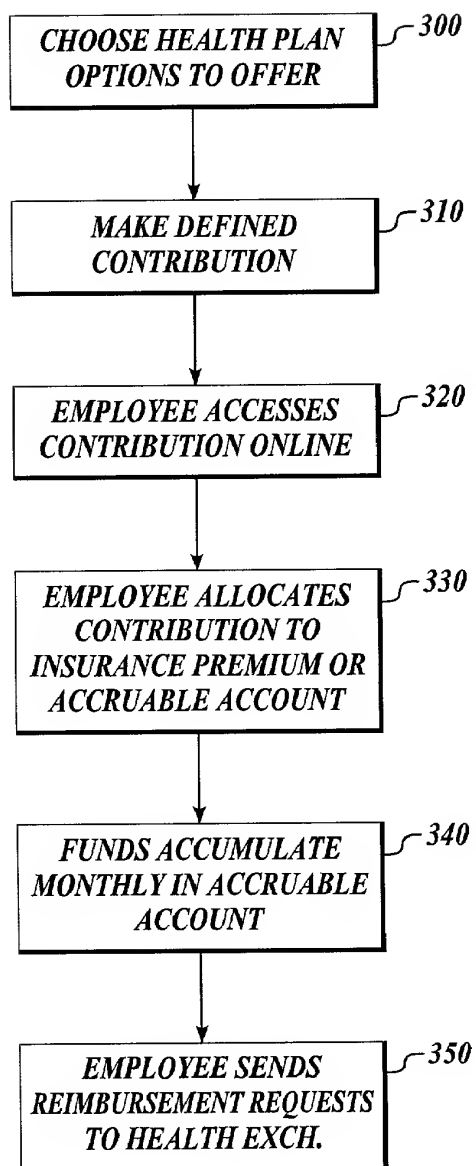
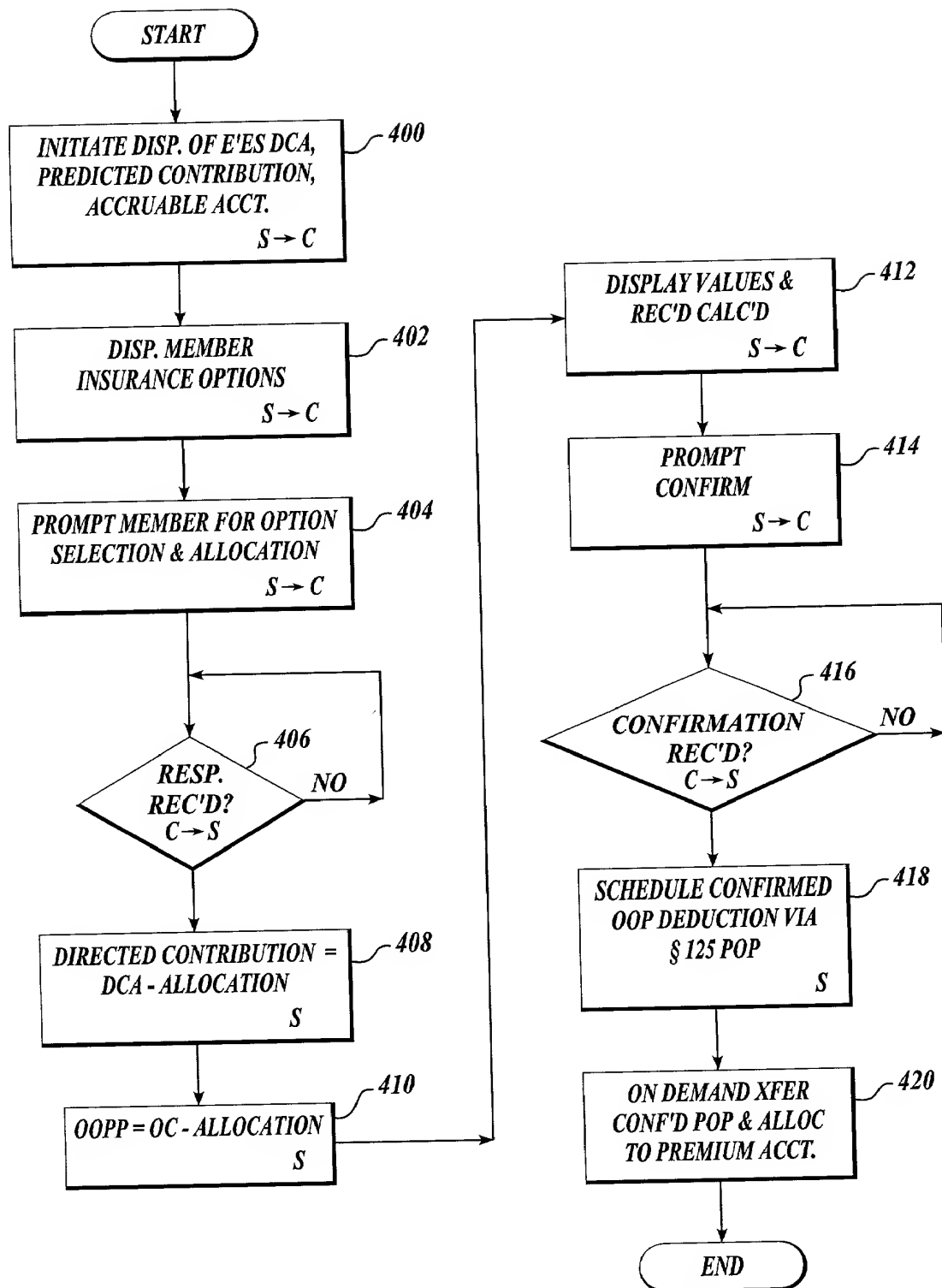


*Fig. 1.*

*Fig. 2.*

*Fig. 3.*

Welcome Kathy [LOG OUT](#)

## Health Benefits Enrollment

[Employee Home](#) [Choose Health Plans](#) [Set Up HFA](#) [Confirm Selections](#) [Provide Personal Information](#) [Print Forms](#) [enrollment](#) [next](#)

Choose Health Plans

First select who will be getting coverage...

Medical insurance for  Decline Medical coverage? ☐

Dental insurance for  Decline Dental coverage? ☐

Then select medical and dental plans to compare...

Current Medical Plan or...  Compare Medical Plan to...

Regence BlueCross BlueShield of Oregon PPO 4 (Your current 2000-2001 Plan)	Regence BlueCross BlueShield of Oregon H 11 (2001-2002 Plan)
Medical Plan and Benefits Regence BlueCross BlueShield of Oregon PPO 4 <a href="#">VIEW DETAILS</a>	Medical Plan and Benefits Regence BlueCross BlueShield of Oregon PPO 4 <a href="#">VIEW DETAILS</a>
Premium \$477.85	Premium \$477.85
Family Deductible \$600	Family Deductible None
Individual Deductible \$200	Individual Deductible None
Maximum Out-of-pocket/Family per family member Office Visits \$700	Maximum Out-of-pocket/Family per family member Office Visits \$1000 per person per calendar year
Prescription Drug 90%	Prescription Drug \$10 co-pay
Emergency Room \$50 per calendar year, then 80% co-insurance	Emergency Room Benefit must be added
Hospitalization 100% after \$100 copay	Hospitalization 90% after \$100 copay
Lifetime Maximum 90%	Lifetime Maximum 80%
Mental Health \$2,000,000	Mental Health \$1,000,000
Outpatient Day Surgery 90%	Outpatient Day Surgery 80%
Specialist 90%	Specialist 80%
<input checked="" type="radio"/> Choose this plan	<input checked="" type="radio"/> Choose this plan

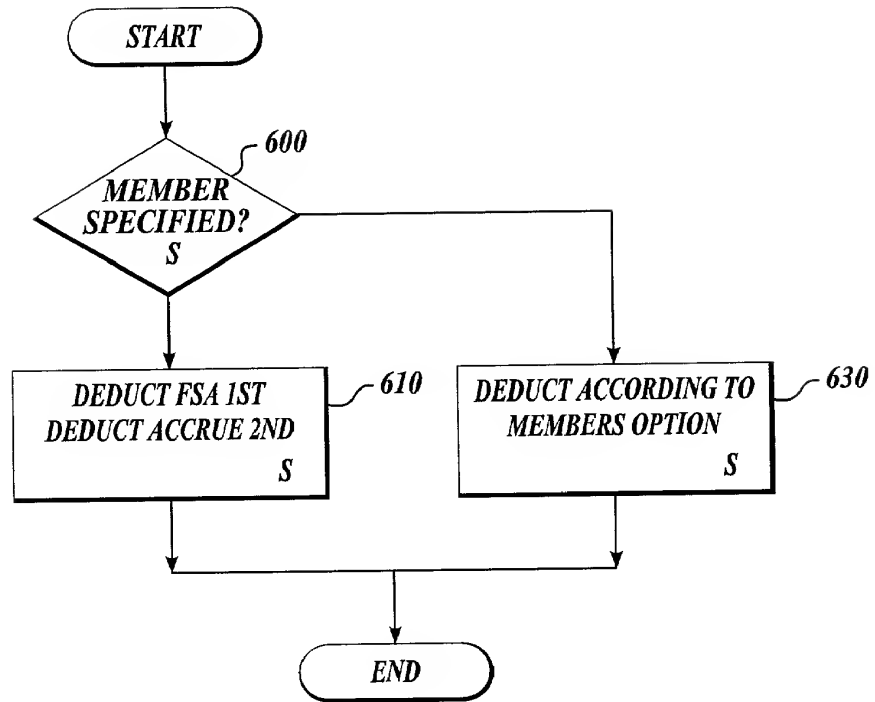
Current Dental Plan or...  Compare Dental Plan to...

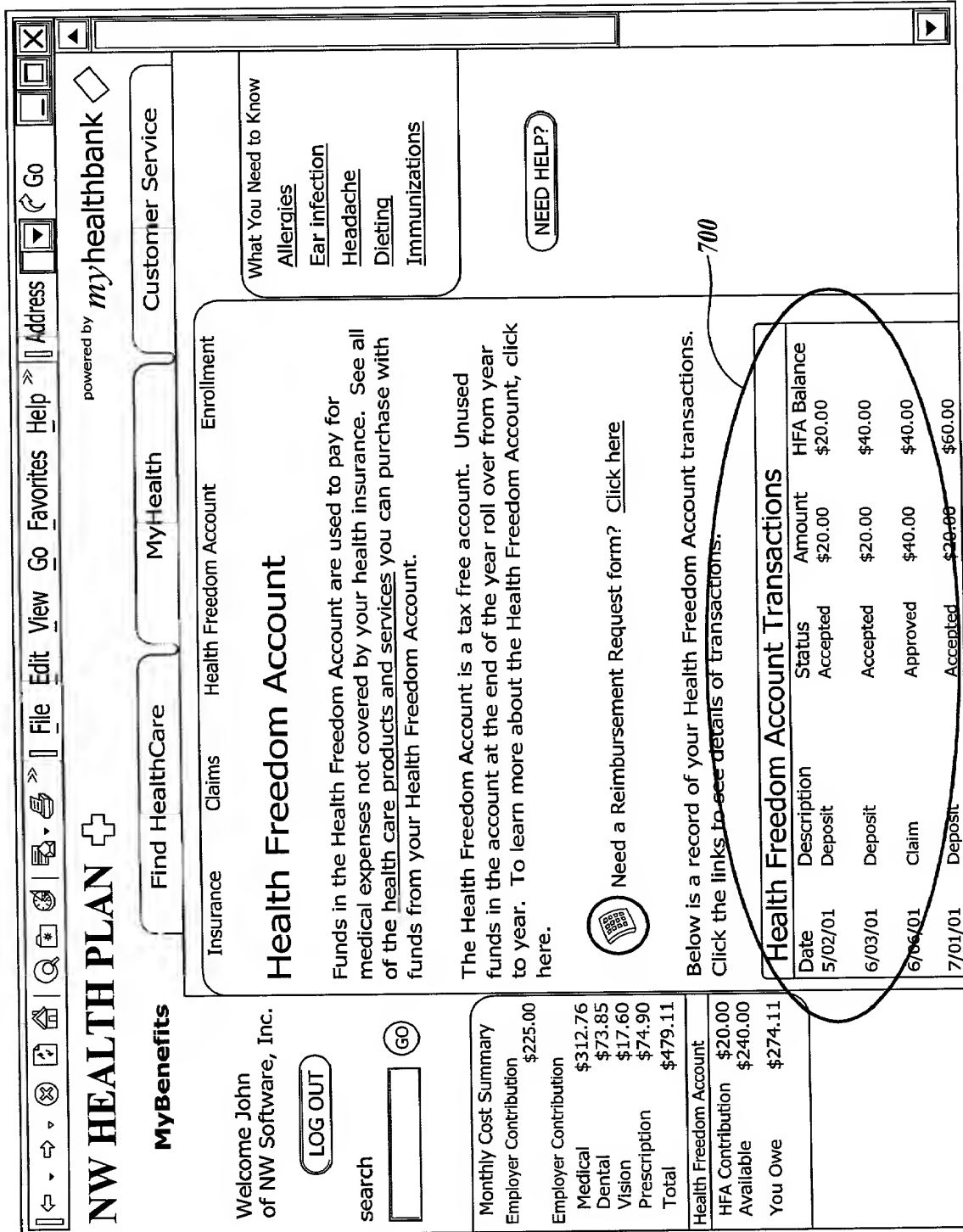
Regence BlueCross BlueShield of Oregon Classic 85 (Current)	Regence BlueCross BlueShield of Oregon Classic 65 (2001-2002 Plan)
Dental Plan and Benefits Regence BlueCross BlueShield of Oregon Classic 85 <a href="#">VIEW DETAILS</a>	Dental Plan and Benefits Regence BlueCross BlueShield of Oregon Classic 65 <a href="#">VIEW DETAILS</a>
Premium \$477.85	Premium \$477.85
Complicated Services 80% paid	Complicated Services 50% paid
Individual Deductible \$50	Individual Deductible \$50
Maximum Benefit \$1,000 per calendar year	Maximum Benefit \$1,000 per calendar year
Basic Services 80% paid	Basic Services 80% paid
Family Deductible \$150	Family Deductible \$150
Major Services 50% paid	Major Services 50% paid
Preventive Services 100% paid	Preventive Services 100% paid
<input checked="" type="radio"/> Choose this plan	<input checked="" type="radio"/> Choose this plan

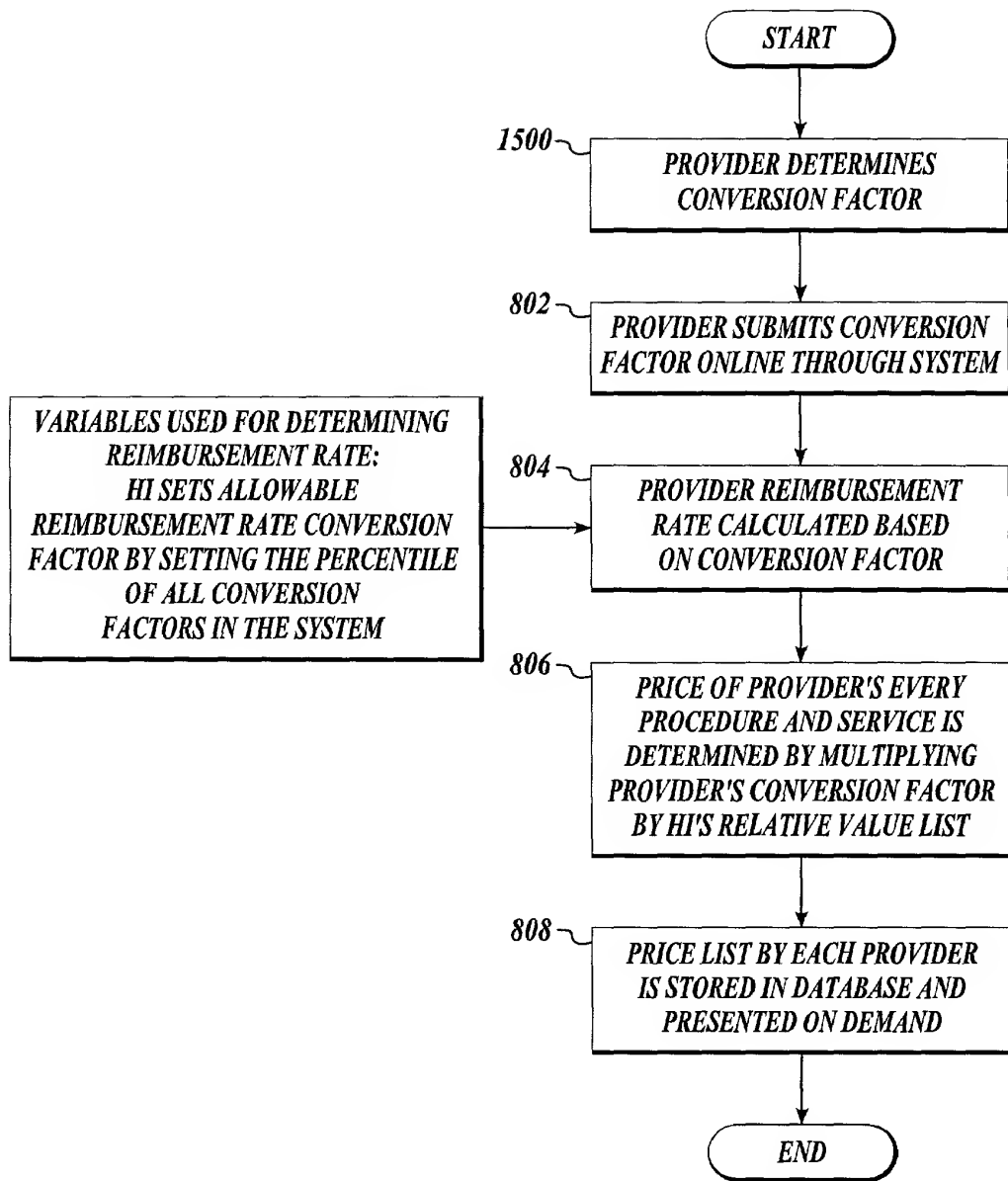
Monthly Cost Summary		Monthly Cost Summary	
Medical Plan: PPO 4 Dental Plan: BBBSO Classic 85 (Your current 2000-2001 Plan)		Medical Plan: BBBSO H11 Dental Plan: BBBSO Classic 65 (2001-2002 Plan)	
Employer Contribution		Employer Contribution	
To your premium	\$141.50	To your premium	\$141.50
To your HFA	\$125.00	To your HFA	\$125.00
Total Employer Contribution	\$200.00	Total Employer Contribution	\$200.00
Premiums		Premiums	
Medical	\$477.85	Medical	\$264.80
Dental	\$23.20	Dental	\$20.05
Vision	\$15.00	Vision	\$17.00
Total Premium	\$516.05	Total Premium	\$301.85
HFA Contribution	\$0.00	HFA Contribution	\$0.00
Your Portion of the Premium	\$316.05	Your Portion of the Premium	\$101.85
<a href="#">Click here to understand what Your Portion of the Premium means.</a>		<a href="#">Click here to understand what Your Portion of the Premium means.</a>	

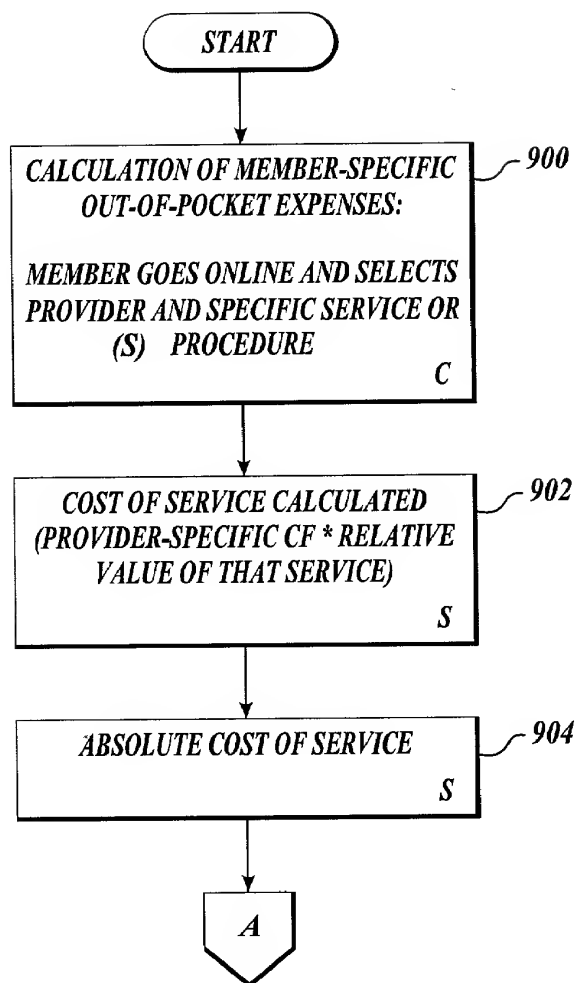
[Next](#)

Fig. 4.

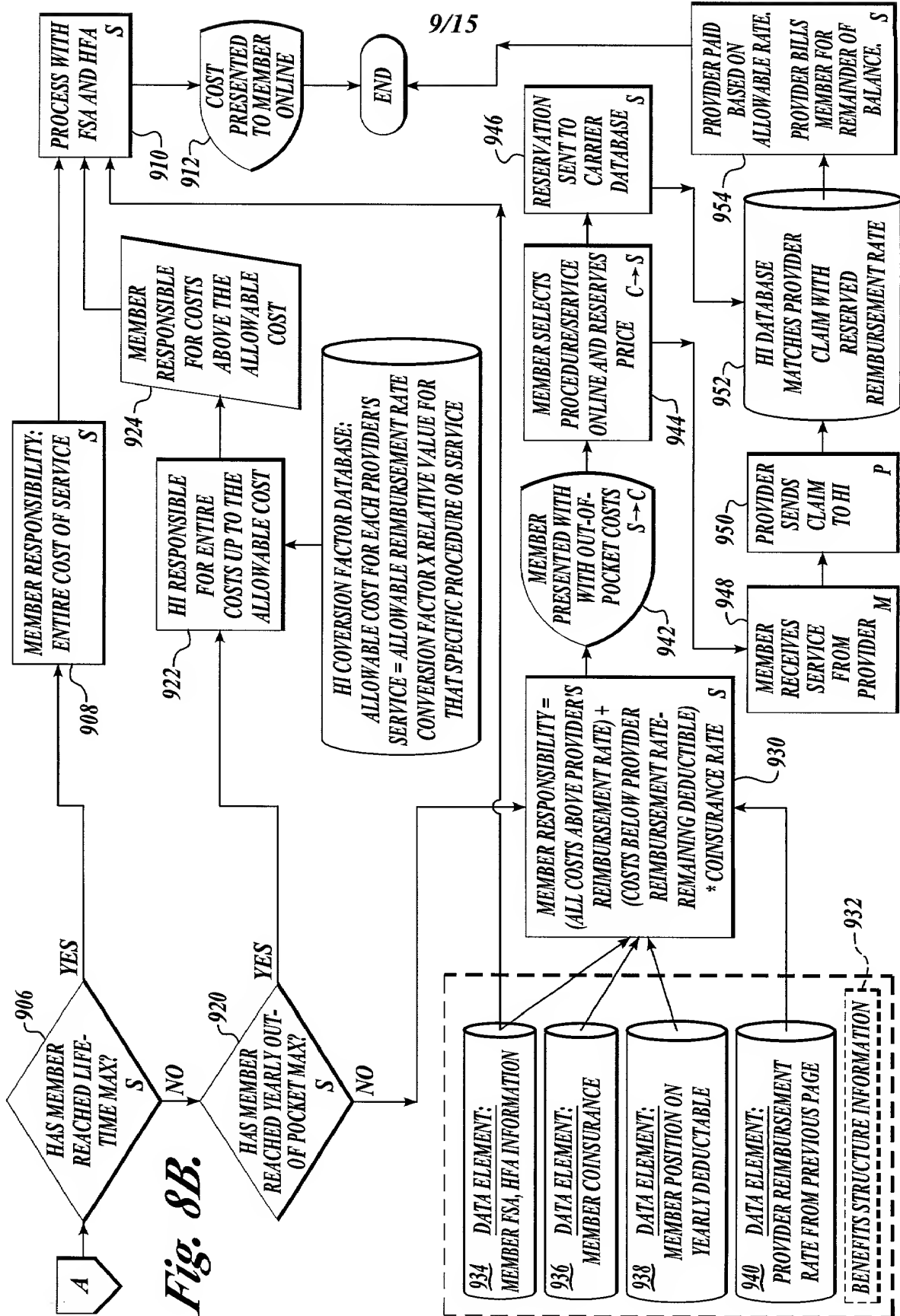
*Fig. 5.*



*Fig. 7.*

*Fig. 8A.*





## ***EXCHANGE ENGINE OUTPUT***

***SERVICE:***

***CARDIOLOGY SERVICES***

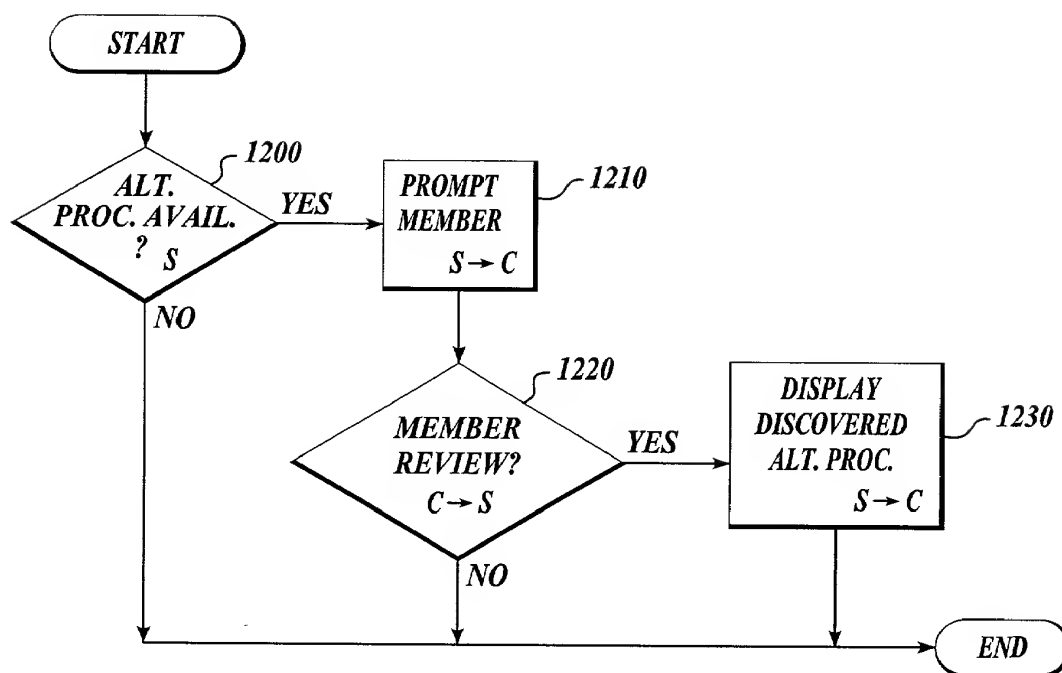


***INITIAL CARDIOLOGY EXAMINATION  
TREADMILL  
CARDIAC REHABILITATION***

***SELECTION OF DESIRED SERVICES***

***Fig. 9.***



*Fig. 11.*

Monthly Cost Summary		\$225.00	
Employer Contribution			
<b>Employer Contribution</b>			
Medical	\$312.76		
Dental	\$73.85		
Vision	\$17.60		
Prescription	\$74.90		
<b>Total</b>	<b>\$479.11</b>		
<b>Health Freedom Account</b>			
HFA Contribution	\$20.00		
Available	\$240.00		
You Owe	\$274.11		


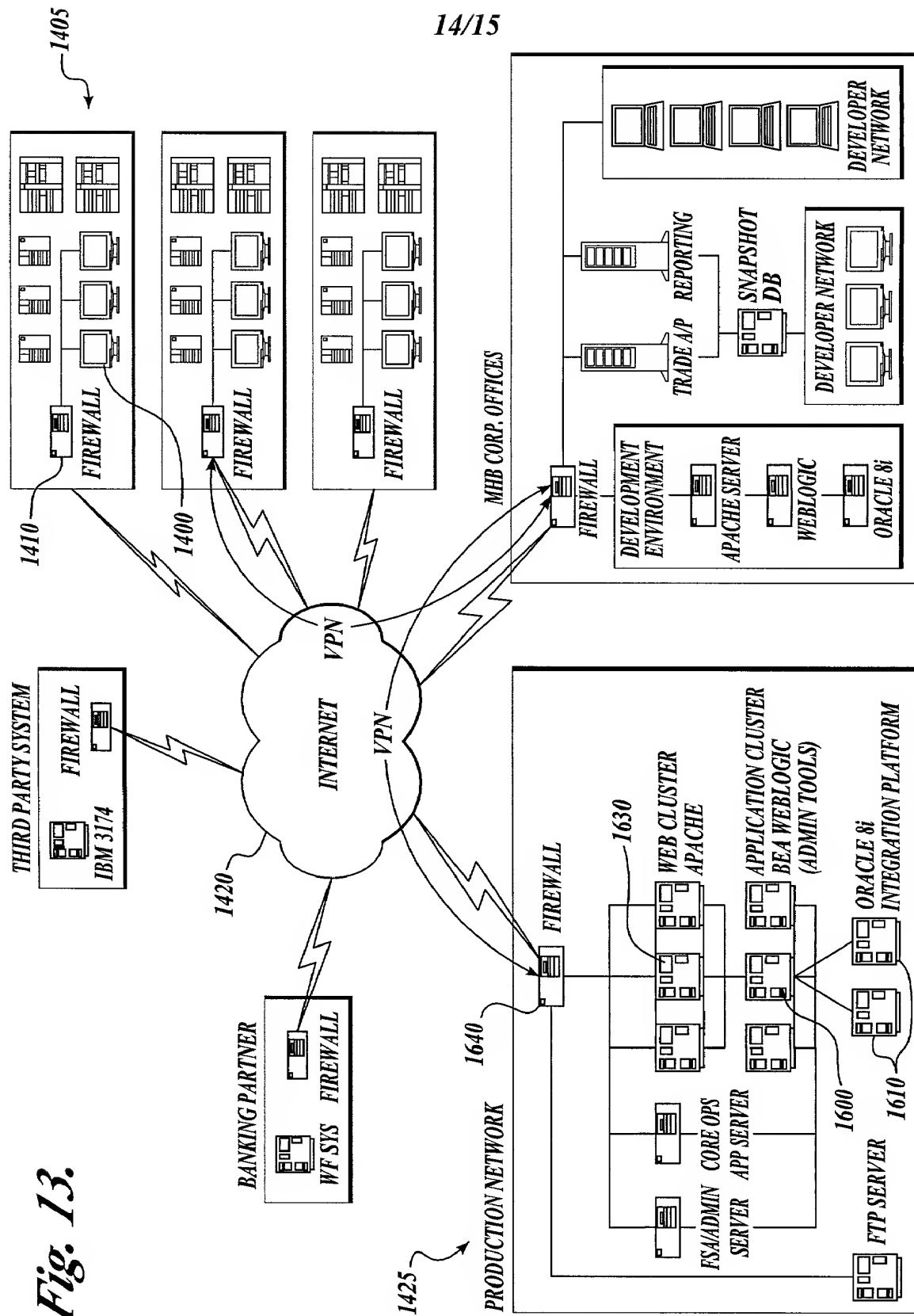
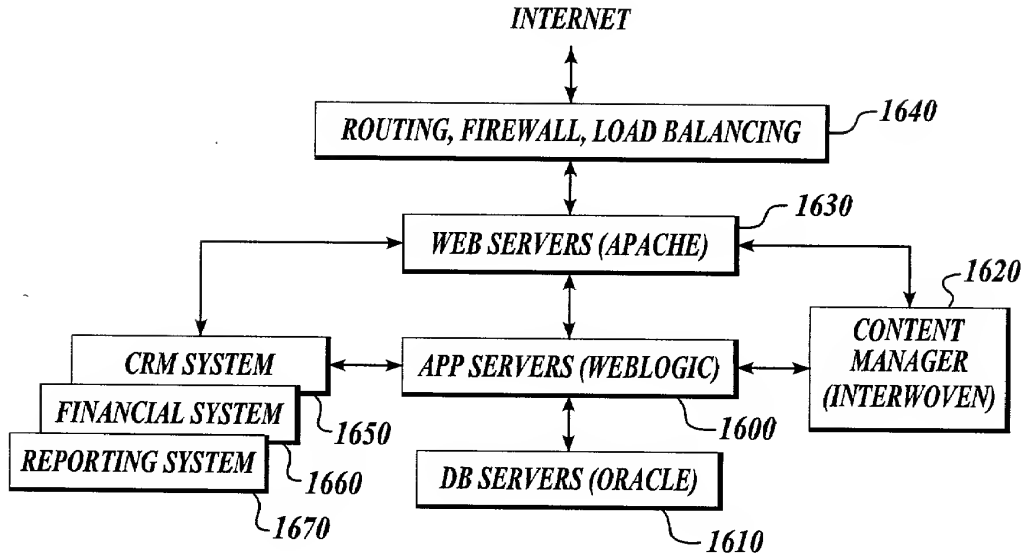
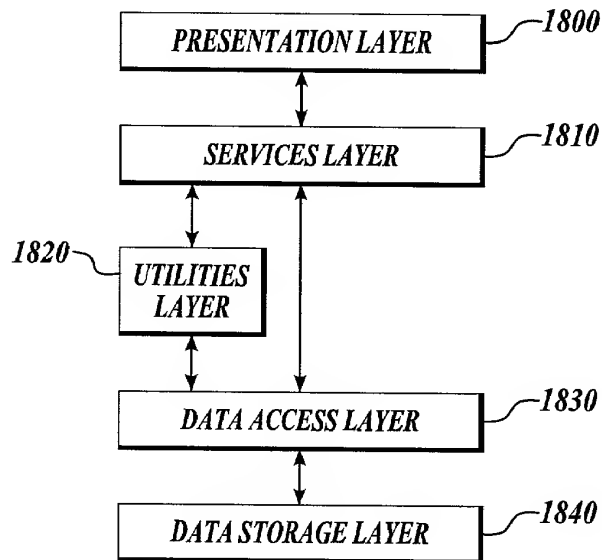
Information		Comparing Surgeons
<p><b>Surgery Name:</b> Lumbar Laminectomy</p> <p><b>Common Name(s):</b> Back surgery; Disc surgery</p> <p><b>Purpose:</b> Take pressure off the nerves in the spine in order to remove the cause of pain.</p> <p><b>Description:</b> For this operation, the patient must be under general anesthesia and placed on a machine that takes over breathing. Once asleep under anesthesia, the patient is placed face down on the operating table. The surgeon cuts into the lower back over the problem area of the spine. The skin and muscles are pulled away. The surgeon takes the pressure off the nerves by removing parts of the bone, spinal disc, and the tissue that is pressing on the nerves.</p> <p><b>Time:</b> The operation can take up to 3 hours. See photos. See video.</p> <p><b>Risks:</b> Blood Clots, Infection, Paralysis, Bleeding, Loss of bowel and bladder control, loss of bowel function.</p> <p><b>Alternatives:</b> Not everyone with low back pain or sciatica needs a back operation. See the reasons for getting a lumbar laminectomy by clicking here for more details. Alternatives to an operation include exercise program, massage, physical therapy, and steroid injection. Of course you should always consult your physician when making treatment decisions.</p> <p><b>Choosing surgeon:</b> When choosing a surgeon, here are a few tips and questions to ask:            • How many operations have you performed?            Tip: Surgeons who perform more than 100 laminectomies per year get better results than those who do less than 100 per year.             • Who will take care of me after my operation?            Tip: Ask if you will require specialty care from a cardiologist, intensive care physician or other specialists? If you have a specific specialist you see regularly, make sure your surgeon knows who to call. Ask if the specialists should be consulted before the operation.            • Who are the surgeon's partners?            Tip: Remember, the partners may be caring for you that night or the next day.            • Who will be my anesthesiologist?            Tip: Ask if the anesthesiologist who will care for you is experienced with this type of operation and knows your specific medical conditions.</p> <p><b>References:</b>            Surgery for degenerative lumbar spondylolisthesis            Cochrane Database Syst Rev. 2000; CD001352. Review,            Seven-year clinical follow-up after lumbar disc surgery: results and predictors of outcome.            Br J Neurosurg. 1999 Apr; 178-84</p> <p>Quality of life before and after microsurgical decompression in lumbar spinal stenosis.            J Spinal Disord. 2000 Jun; 237-41</p>	<div style="text-align: center; margin-bottom: 20px;">  </div> <div style="margin-bottom: 20px;"> <b>NEED HELP?</b> </div> <div style="margin-bottom: 20px;"> <span style="font-size: 2em; font-weight: bold;">1310</span> </div> <div> <span style="font-size: 2em; font-weight: bold;">1310</span> </div>	

Fig. 13.





*Fig. 14.*



*Fig. 15.*